



BC First Responder Resiliency Program

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Danger

Unpredictability

Fragility of Life

Chaos

Civilian Society

Safe and Secure



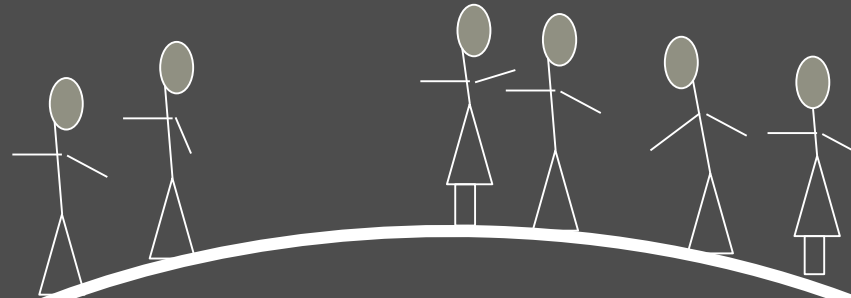
Danger

Unpredictability

Stoic Service Cultures

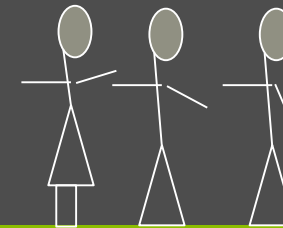
Fragility of Life

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Strong versus Struggling

There had always been stigma around this throughout my life and career. It was hard for me to reconcile that who I thought was a strong man had these problems and needed the help of someone else.

Strong versus Struggling

...at my work, psychologist is a dirty word. Nobody wants to see the psychologist... like if you have to see the psychologist then you're weak... broken.

Fire Fighter Resiliency Program

Format

- 3¹/₂ day residential retreat
- Up to 8 participants
- Upstream but screened
- 2 professional facilitators
- 1-2 peer team leads

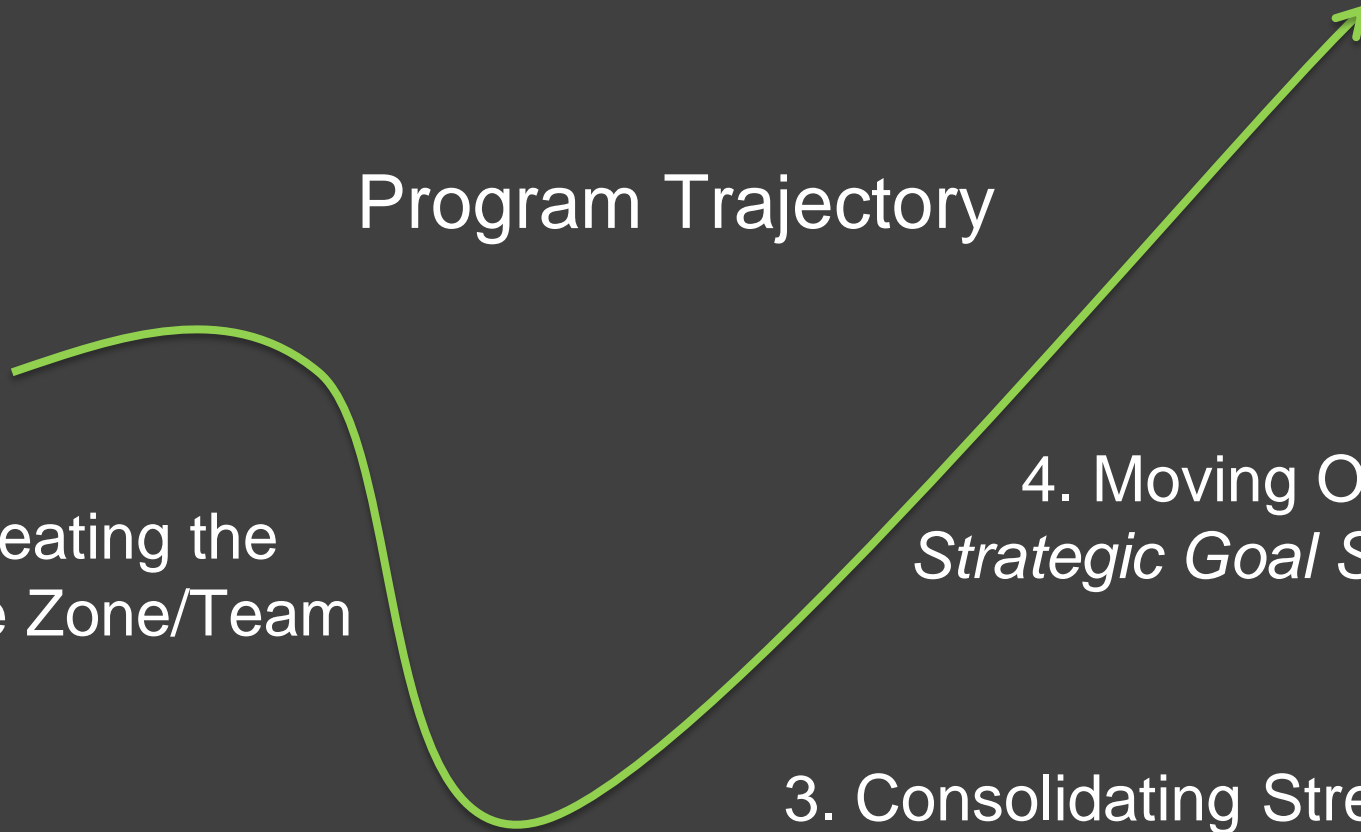
Program Trajectory

1. Creating the
Safe Zone/Team

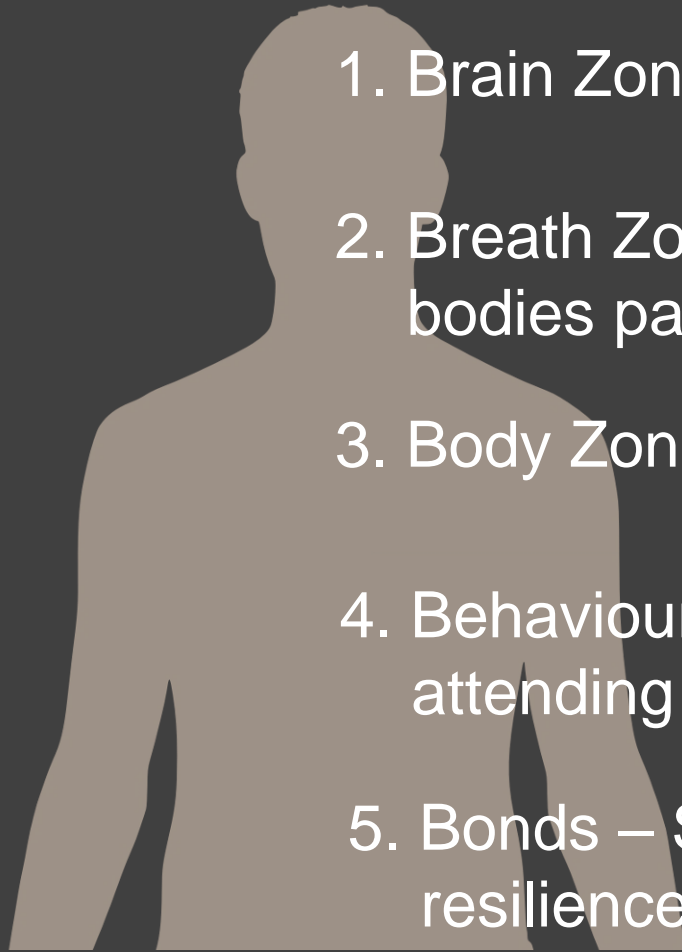
2. The Work
"Dropping Baggage"

3. Consolidating Strengths
Re-equipping

4. Moving Out
Strategic Goal Setting

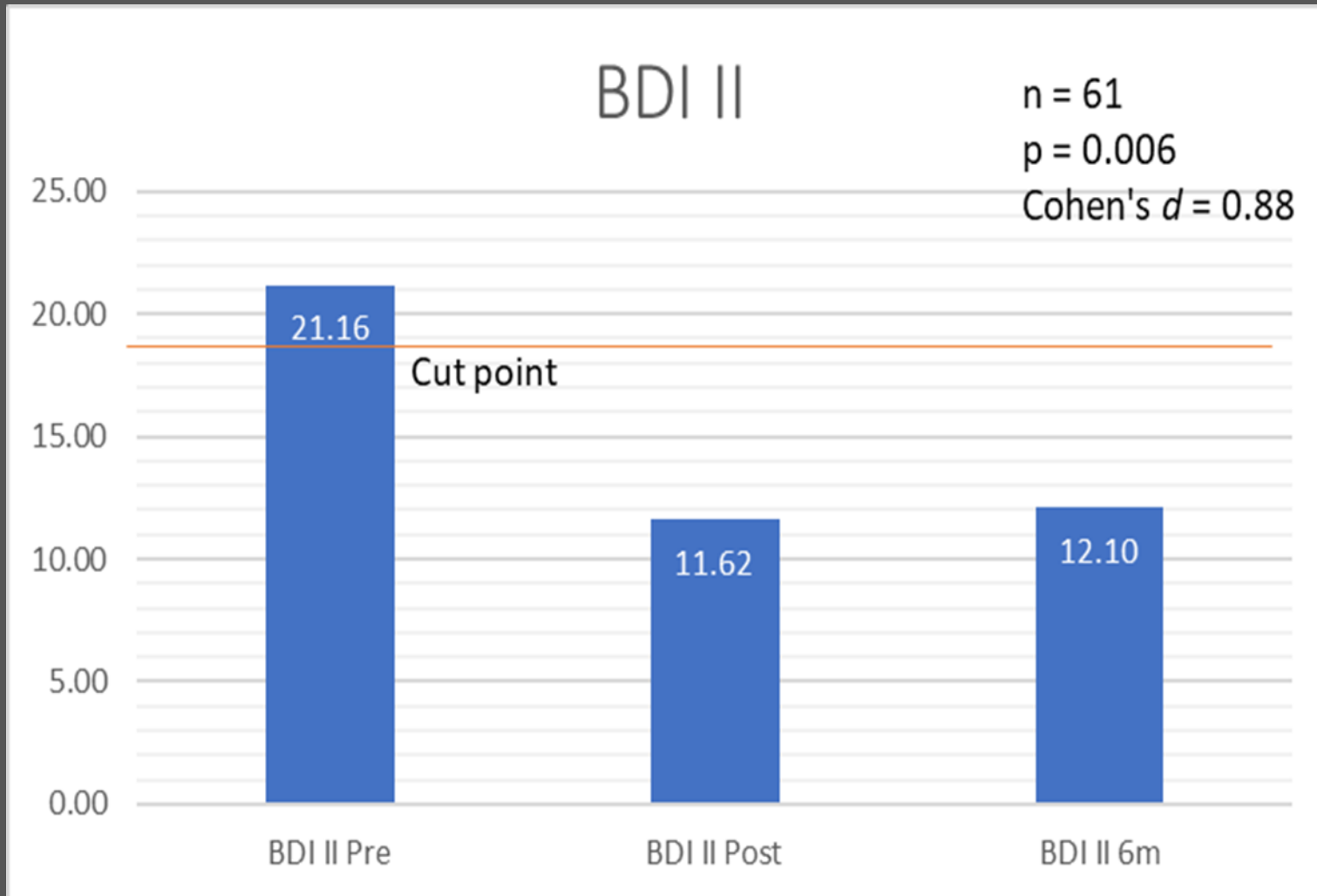


5B's of Performance Resilience

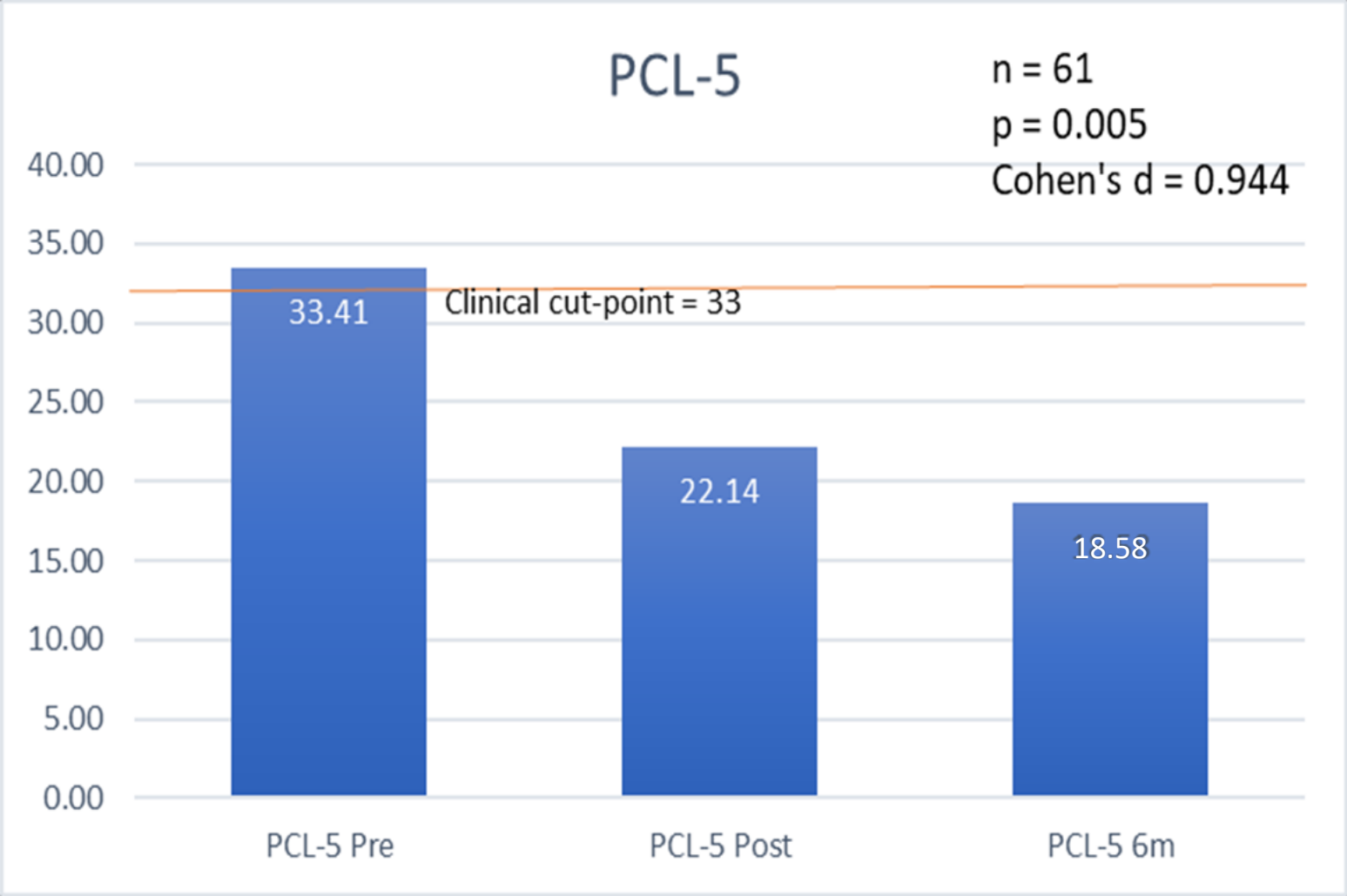


1. Brain Zone - Talking yourself “down and through”
2. Breath Zone – Regulating breathing to activate the bodies parasympathetic response
3. Body Zone – Grounding the body
4. Behaviour Zone – Goal oriented actions and attending to sleep, diet, routine, exercise
5. Bonds – Share it, don't wear it. Performance and resilience emerge in the context of cohesive relationships

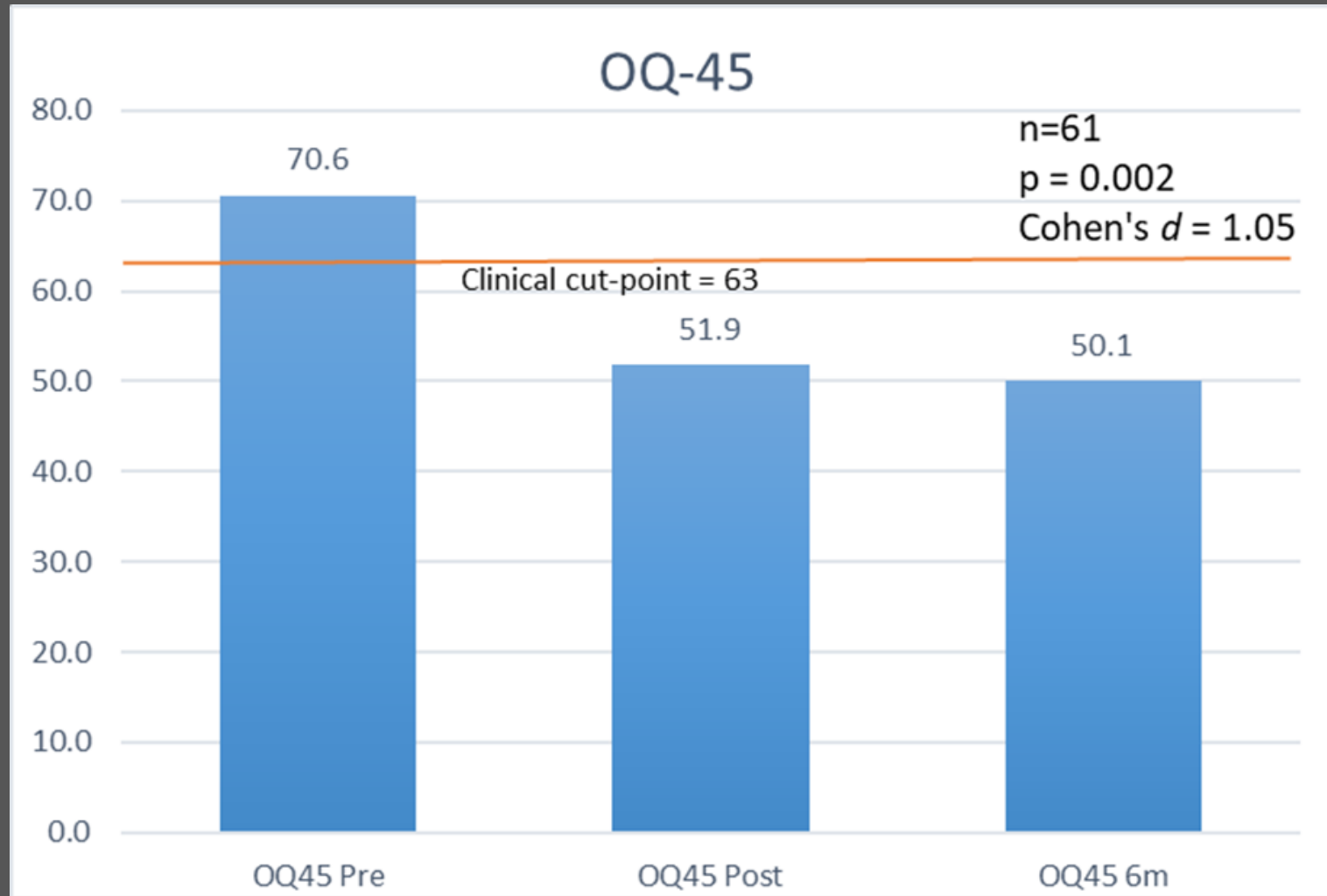
Beck Depression Inventory II



PTSD Checklist for DSM-5 (PCL-5)



Outcome Questionnaire-45.2 (OQ-45)



It took hope to show up to a program like this and it took courage to fully participate.

I arrived broken, anxious and feeling alone.

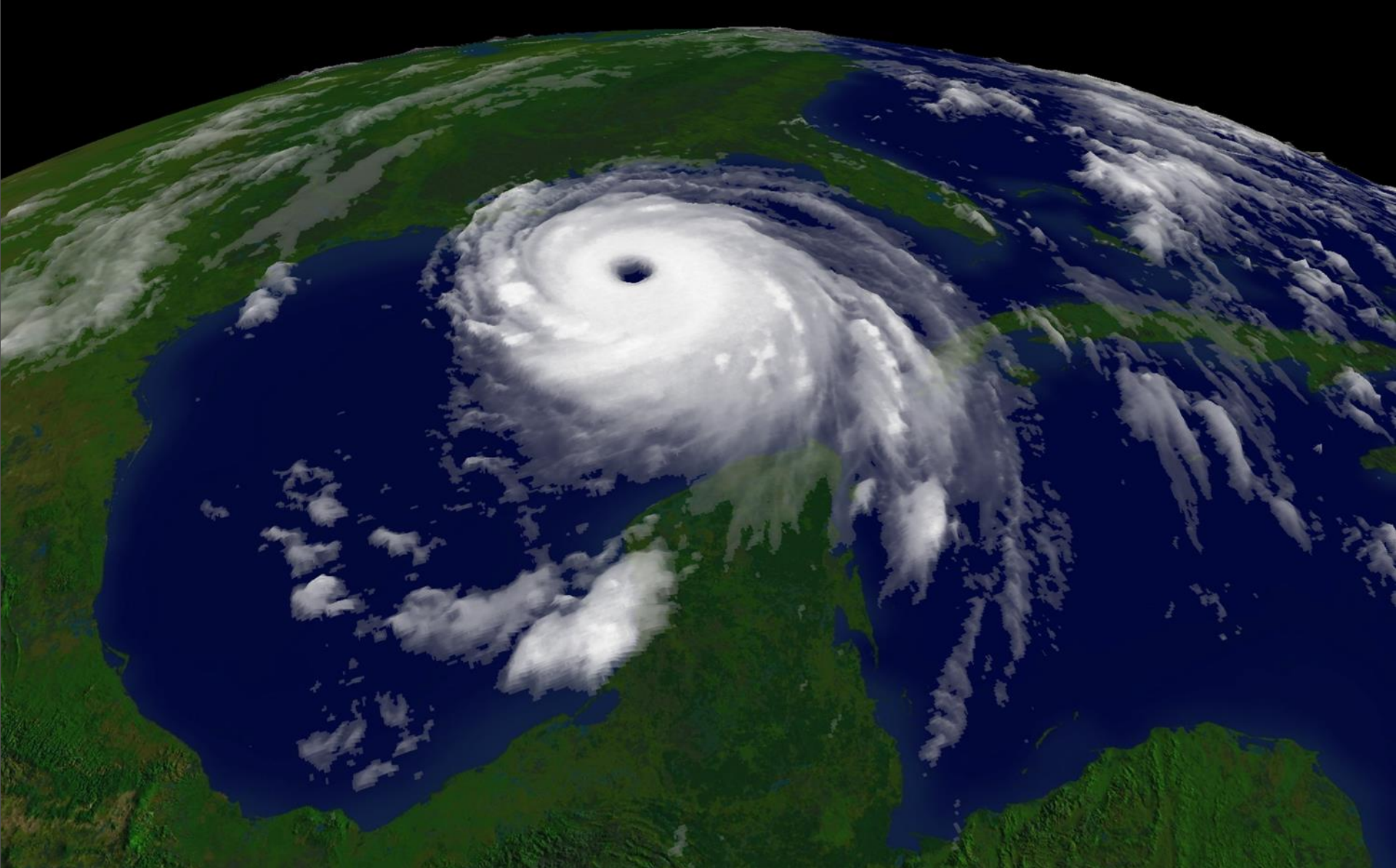
I left empowered, more at peace, and with what I anticipate will be a lifelong bond with 9 new peers that is unlike anything I have ever experienced.

I am no longer in a downward spiral of isolation and depression. I have a light at the end of the tunnel and am for the first time in a very long time hopeful for a bright future.

This program literally saved my life. Just 2 weeks prior I was seriously considering suicide - the third time of late, complete with a plan.

*This wasn't about four days,
this was about changing our
lives.*

We were challenged to build a team, a team that could trust each other in sharing raw pain, so much so that we would have each others back at all times.



Resilient Service Cultures



Thank You!

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